

INSPIRE CAFÉ

DC Public Middle Schools

September 5 - 9

Our menus are aligned with the USDAs Healthier U.S. School Challenge.

*From
the Field*

**A MINIMUM OF 6 SIDES
OFFERED DAILY WITH
LUNCH CHOICES**

Fresh Garden Salad Greens plus Fruits & Vegetables, in an inviting variety. Locally Grown items are offered whenever seasonally available. Low Fat or Fat Free Milk included with all meals.

Daily Specials

Favorites

MONDAY	No School Today	V
TUESDAY	Kung Pao Zesty Orange Sauce w/ Chicken or Veggie Dippers	
WEDNESDAY	Glorious Mac -n- Cheese	V
THURSDAY	Sweet & Sour or Thai Veggie Sauce with Chicken or Baked Tofu	
FRIDAY	Thai Sweet Potato Bowl	V

Daily Specials

Creations

MONDAY	No School Today
TUESDAY	Authentic Sloppy Joes / Deluxe Cheese-burger
WEDNESDAY	Cuban Inspired Sandwich/ Maximum Mexican Burger
THURSDAY	Hawaiian Style Pizza/ Pepperoni Pizza
FRIDAY	Spicy Pollock Sandwich/ Bistro Burger

Daily Specials

Deli

MONDAY	No School Today
TUESDAY	Classic ChefSalad/Sandwich/ Wrap
WEDNESDAY	Italian Style Salad/Sandwich/Wrap
THURSDAY	Chicken Caesar Salad/Sandwich/Wrap
FRIDAY	Buffalo Chicken Salad/ Sandwich/ Wrap

Grab & Go Entrées

Grab & Go

MONDAY	No School Today
TUESDAY	Chef Salad Wrap/ Antipasto Salad
WEDNESDAY	Egg Salad Sandwich/ Chicken Dipper Salad
THURSDAY	Sunny Apple Sandwich/Southern BBQ Salad
FRIDAY	Mediterranean Wrap/Tuna Entrée Salad

Daily Sides

*From
the Field*

MONDAY	No School Today
TUESDAY	Butternut Squash, Carrots, Black Beans, Thai Ginger Cucumbers, Tomatoes, Bananas or Oranges
WEDNESDAY	Spinach Salad, Carrot Escabeche, Black Beans, Cucumbers, Tomato Cilantro Salad, Apples, or Watermelon
THURSDAY	Butternut Squash, Carrots, Black Beans, Thai Ginger Cucumbers, Tomatoes, Bananas or Oranges
FRIDAY	Spinach Salad, Carrot Escabeche, Black Beans, Cucumbers, Tomato Cilantro Salad, Apples, or Watermelon

V Vegetarian
M Mindful

We use menu identifiers in the café to help students recognize Vegetarian & Mindful options. Mindful selections meet specific criteria for fat, sodium & calories.

*This institution is an equal
opportunity provider.*

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INSPIRE CAFÉ

DC Public Middle Schools

September 12 -16

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From the Field

**A MINIMUM OF 6 SIDES
OFFERED DAILY WITH
LUNCH CHOICES**

Fresh Garden Salad Greens plus Fruits & Vegetables, in an inviting variety. Locally Grown items are offered whenever seasonally available. Low Fat or Fat Free Milk included with all meals.

Daily Specials

Favorites

MONDAY	Super Veggie Packed Mac -n- Cheese	V
TUESDAY	Mexi-Chicken Soft Tacos w/ Shredded Lettuce	
WEDNESDAY	Zesty Chipotle BBQ Meatloaf w/ Mashed Potatoes	
THURSDAY	Southwest Black Bean Nachos	V
FRIDAY	Bagel Sandwich with Turkey, Egg, & Cheese	

Daily Specials

Creations

MONDAY	Honey BBQ Chicken Sandwich/ Mo' Bur- ger with Cheese
TUESDAY	Italian Turkey Sausage Pizza / Classic Cheese Pizza
WEDNESDAY	Bistro Burger/ Spicy Black Bean Burger
THURSDAY	Caprese Turkey Burger/ Zesty Chipotle Meatloaf Sandwich
FRIDAY	Pepperoni Calzone/ Margherita Pizza

Daily Specials

Deli

MONDAY	Chicken Caesar Salad/Sandwich/Wrap
TUESDAY	Classic Chef Salad/Sandwich/Wrap
WEDNESDAY	Asian Style Salad/Sandwich/Wrap
THURSDAY	Italian Style Salad/Sandwich/Wrap
FRIDAY	Buffalo Chicken Salad/ Sandwich/Wrap

Grab and Go Entrées

Grab & Go

MONDAY	Fiery Dragon Wrap/ Chicken Dipper Salad
TUESDAY	Southern BBQ Wrap/ Spinach Salad
WEDNESDAY	Greek Wrap/ Asian Chicken Salad
THURSDAY	Greens & Gourds Wrap/ Chicken Caesar Salad
FRIDAY	Chicken Philly Sandwich/ Southwest Salad

Daily Sides

From the Field

MONDAY	Spinach Salad Mix, Baby Carrots, Southwest Pintos, Cucumber Slices, Tomatoes, Apples, or Peaches
TUESDAY	Garden Salad, Carrots, Southwest Pintos, Jicama & Cucumbers, Tomatoes, Bananas or Oranges
WEDNESDAY	Garden Salad, Carrots, Southwest Pintos, Cucumbers, Tomato Basil Salad, Apples, or Cranberries
THURSDAY	Garden Salad, Carrots, Southwest Pintos, Jicama & Cucumbers, Tomatoes, Bananas or Oranges
FRIDAY	Spinach Salad, Mo-Rockin' Slaw, Southwest Pintos, Cucumbers, Tomato Basil Salad, Apples, or Mixed Fruit

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Mindful

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INSPIRE CAFÉ

DC Public Middle Schools

September 19 - 23

Our menus are aligned with the USDAs Healthier U.S. School Challenge.

From the Field

**A MINIMUM OF 6 SIDES
OFFERED DAILY WITH
LUNCH CHOICES**

Fresh Garden Salad Greens plus Fruits & Vegetables, in an inviting variety. Locally Grown items are offered whenever seasonally available. Low Fat or Fat Free Milk included with all meals.

Daily Specials

Favorites

MONDAY	Classic Roasted Turkey & Gravy w/ Mashed Potatoes
TUESDAY	Jamaican Jerk Lentils or Chicken Bowl
WEDNESDAY	Grilled Tender Chicken w/ Whole Grain Waffles
THURSDAY	Oven Baked Cheesy Lasagna Roll
FRIDAY	Xi Hong Shi Chao Ji Dan

V

V

Daily Specials

Creations

MONDAY	Pepperoni Pizza / Margherita Pizza
TUESDAY	Hot Turkey Ham & Cheese Sandwich / Traditional Hamburger
WEDNESDAY	Homemade Twisted Turkey Dog / Maximum Mexican Burger
THURSDAY	Italian Turkey Sausage Pizza/ Classic Cheese Pizza
FRIDAY	Memphis Meltdown Turkey BBQ Sandwich w/ Carolina Slaw/ Atomic Cheeseburger

Daily Specials

Deli

MONDAY	Classic Chef Salad/Sandwich/Wrap
TUESDAY	Chicken Caesar Salad/Sandwich/Wrap
WEDNESDAY	Italian Style Salad/Sandwich/Wrap
THURSDAY	Asian Style Salad/Sandwich/Wrap
FRIDAY	Spinach Salad/Sandwich/Wrap

Grab and Go Entrées

Grab & Go

MONDAY	Zesty Italian Sub/ Hoppin' John Salad
TUESDAY	Chef Salad Wrap/ Antipasto Salad
WEDNESDAY	Sunny Apple Sandwich/ Southern BBQ Salad
THURSDAY	Egg Salad Sandwich/ Bruschetta Dip w/ Chips
FRIDAY	Mediterranean Wrap/ Tuna Entree Salad

Daily Sides

From the Field

MONDAY	Spinach Salad, Baby Carrots, Garbanzo Beans, Cucumbers, Tomatoes, Apples, or Pears
TUESDAY	Caesar Salad, Carrots, Garbanzo Beans, Aztec Corn, Tomatoes, Bananas or Oranges
WEDNESDAY	Spinach Salad, Carrot Escabeche, Garbanzo Beans, Cucumbers, Butternut Squash, Apples, or Melon
THURSDAY	Caesar Salad, Carrots, Garbanzo Beans, Aztec Corn, Tomatoes, Bananas or Oranges
FRIDAY	Spinach Salad, Carrot Escabeche, Garbanzo Beans, Cucumbers, Butternut Squash, Apples, or Fruit Salad

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INSPIRE CAFÉ

DC Public Middle Schools

September 26 - 30

Our menus are aligned with the USDAs Healthier U.S. School Challenge.

*From
the Field*

**A MINIMUM OF 6 SIDES
OFFERED DAILY WITH
LUNCH CHOICES**

Fresh Garden Salad Greens plus Fruits & Vegetables, in an inviting variety. Locally Grown items are offered whenever seasonally available. Low Fat or Fat Free Milk included with all meals.

Daily Specials

Favorites

MONDAY	Mexican Studded Bean Burrito	V
TUESDAY	Alaskan Pollock Tacos w/ Mexican Slaw	
WEDNESDAY	Jamaican Jerk Chicken Quesadilla	
THURSDAY	Tangy BBQ Chicken w/ Cuban Style Brown Rice	V
FRIDAY	No School Today	

Daily Specials

Creations

MONDAY	Tangy Turkey Katsu Sando/ Deluxe Cheeseburger
TUESDAY	Hawaiian Style Pizza / Garden Vegetable Pizza
WEDNESDAY	Cool Ranch Burger/ Grilled Sunbutter & Banana Sandwich
THURSDAY	BBQ Chicken Pizza or Classic Chicken Pizza
FRIDAY	No School Today

Daily Specials

Deli

MONDAY	Asian Salad/Sandwich/Wrap
TUESDAY	Classic Chef Salad/Sandwich/Wrap
WEDNESDAY	Chicken Caesar Salad/Sandwich/Wrap
THURSDAY	Italian Style Sandwich/Wrap
FRIDAY	No School Today

Daily Specials

Grab & Go

MONDAY	Baja Fish Wrap/ Chicken Dipper Salad
TUESDAY	Muffaletta Sandwich/ Pumpkin Apple Spice Parfait
WEDNESDAY	Alaskan Pollock Po' Boy Sandwich/ Yaki Soba Salad
THURSDAY	Garden Sub/ Southern BBQ Salad
FRIDAY	No School Today

*From
the Field*

Daily Sides

MONDAY	Spinach, Carrots, White Bean & Jicama
TUESDAY	Cucumber, Tomatoes, Apples, Applesauce Salad Mix, Carrots, White Bean & Jicama, Asian Slaw, Tomatoes, Bananas, Oranges,
WEDNESDAY	Spinach, Carrots, White Bean & Jicama, Cucumber, Tomatoes, Apricots, Apples
THURSDAY	Super Salad, Carrots, White Bean & Jicama, Asian Slaw, Tomatoes, Bananas, Oranges
FRIDAY	No School Today

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Nutrition Information

Sep 5, 2016 –Sep 9, 2016

G6-8 Lunch

	Cals (kcal)	Sodm (mg)	T-Fat (g)	T. Fat % Cals	S-Fat (g)	S. Fat % Cals	Tr-Fat ¹ (g)	Tr. Fat ¹ % Cals
Mon - 09/05/2016	-	-	-	-	-	-	-	-
Tue - 09/06/2016	723	1474	22.06	27.45%	6.70	8.34%	0.00	0.00%
Wed - 09/07/2016	604	1145	19.97	29.78%	7.02	10.46%	0.00	0.00%
Thu - 09/08/2016	667	1028	20.11	27.14%	6.25	8.44%	0.00	0.00%
Fri - 09/09/2016	716	1285	21.67	27.25%	5.60	7.04%	0.00	0.00%
Weighted Average	675	1298	21.45	28.60%	6.99	9.32%	0.00	0.00%

Sep 12, 2016 – Sep 16, 2016

G6-8 Lunch

	Cals (kcal)	Sodm (mg)	T-Fat (g)	T. Fat % Cals	S-Fat (g)	S. Fat % Cals	Tr-Fat ¹ (g)	Tr. Fat ¹ % Cals
Mon - 09/12/2016	666	1217	21.74	29.38%	7.72	10.43%	0.00	0.00%
Tue - 09/13/2016	624	1117	19.97	28.81%	7.43	10.72%	0.00	0.00%
Wed - 09/14/2016	650	1259	19.60	27.16%	6.43	8.91%	0.00	0.00%
Thu - 09/15/2016	611	1090	19.25	28.38%	6.35	9.36%	0.00	0.00%
Fri - 09/16/2016	644	1141	19.57	27.37%	7.53	10.53%	0.00	0.00%
Weighted Average	639	1165	20.03	28.22%	7.09	9.99%	0.00	0.00%

Sep 19, 2016 - Sep 23, 2016

G6-8 Lunch

	Cals (kcal)	Sodm (mg)	T-Fat (g)	T. Fat % Cals	S-Fat (g)	S. Fat % Cals	Tr-Fat ¹ (g)	Tr. Fat ¹ % Cals
Mon - 09/19/2016	644	1061	22.30	31.19%	8.00	11.18%	0.00	0.00%
Tue - 09/20/2016	655	1062	19.16	26.32%	5.88	8.08%	0.00	0.00%
Wed - 09/21/2016	669	1178	25.00	33.65%	6.88	9.27%	0.00	0.00%
Thu - 09/22/2016	653	996	20.14	27.76%	7.41	10.21%	0.00	0.00%
Fri - 09/23/2016	604	952	20.55	30.59%	5.51	8.21%	0.00	0.00%
Weighted Average	645	1050	21.43	29.90%	6.74	9.40%	0.00	0.00%

Sep 26, 2016 - Sep 30, 2016

G-6-8 Lunch

	Cals (kcal)	Sodm (mg)	T-Fat (g)	T. Fat % Cals	S-Fat (g)	S. Fat % Cals	Tr-Fat ¹ (g)	Tr. Fat ¹ % Cals
Mon - 09/26/2016	604	1094	20.20	30.10%	6.61	9.85%	0.00	0.00%
Tue - 09/27/2016	608	920	18.32	27.11%	6.33	9.36%	0.00	0.00%
Wed - 09/28/2016	644	1028	25.43	35.56%	8.01	11.20%	0.00	0.00%
Thu - 09/29/2016	652	1201	19.78	27.31%	6.83	9.42%	0.00	0.00%
Fri - 09/30/2016	-	-	-	-	-	-	-	-
Weighted Average	622	1034	20.37	29.49%	6.60	9.56%	0.00	0.00%

***N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient**

*** - denotes combined nutrient totals with either missing or incomplete nutrient data**

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.